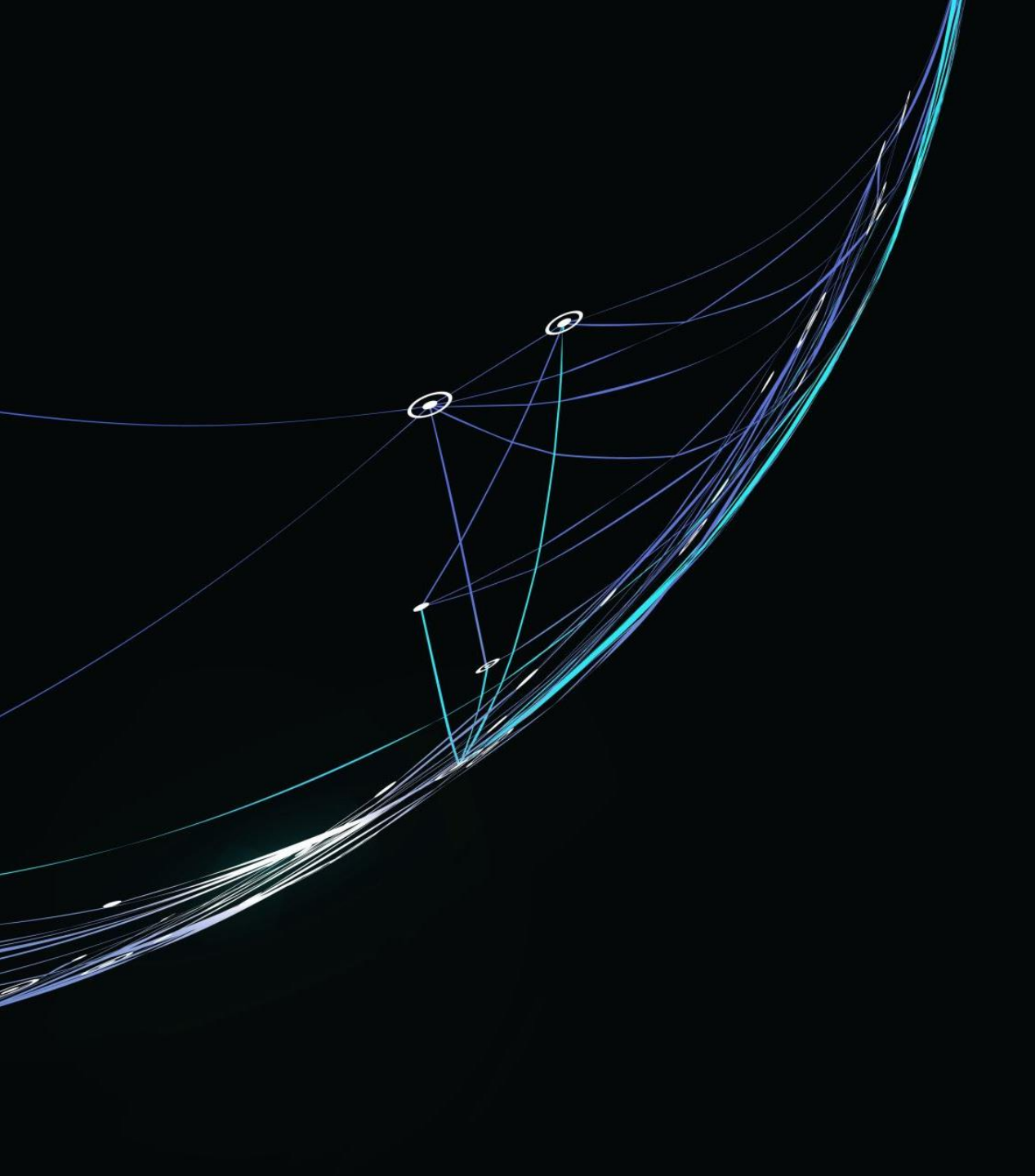

Group Counseling
Week 10
Integrative Group
Counseling
Lecturer: Dr. Susan
Gitau





INTRODUCTION

Integrative therapy employs psychodynamic, cognitive, and behavioral techniques.

These techniques can be applied in a variety of formats including individual, family, and group therapy settings.

An integrative therapist adapts and integrates various techniques according to the individual's needs and goals.

Introduction

Integrative therapy involves techniques from multiple therapeutic orientations to treat a client's unique problem. Integrative therapists believe that tailoring the therapy to the individual achieves the most significant effects. Various theoretical approaches are applied for different issues, individuals, situations, stage of the group and sometimes the style of leadership.



Defining Integrative Therapy

Integrative therapy is the art of combining different therapeutic, concepts, modalities, techniques, skills and elements from a variety of theoretical approaches into a more cohesive experience in group counseling.

Integrative is combining them into a whole piece of approach.

Integrative is more structural than spontaneous.

Expected Learning Outcomes

- i. Define the term integrative group counseling.**
- ii. Explain the key concepts of integrative group counseling.**
- iii. Discuss the benefits and guiding principles of integrative group counseling.**



Issues Addressed

Clarifying personal goals,

Creating and maintaining trust

Living in the here-and-now,

Dealing with fears and anxieties,

Self-awareness and personal development,

Dealing with difficult emotions,

Restoring relationships,

Divorce, separation and loss and grief among others

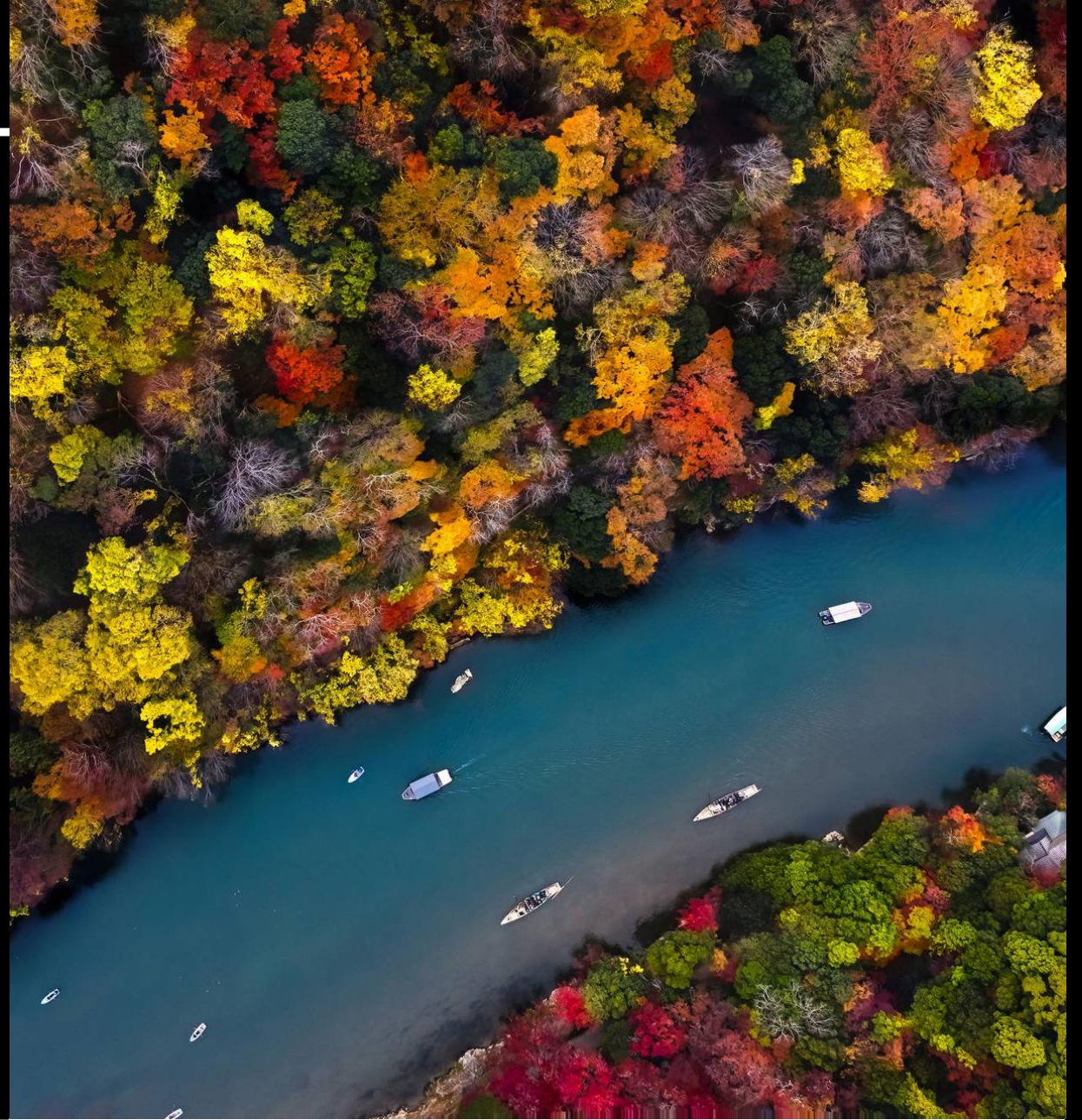
How to do it?

Choice of therapy

Choice of techniques

Choice of leadership style

What issue fits where and what approach?



Reflections of the Group Process

- The counseling process has stages that begin from pre planning to the termination stage of a group.
- When thinking about integrative group counseling a group counselor can think through the stages and plan what should be considered and integrated at each stage.



Pre- Planning Stage

Consider who will be invited, what will be the purpose of the group, the goals, ethical considerations, venue, participation cost and schedules. What needs to be considered should be well documented and followed during the process.



Initial Stage

- How will the members be welcomed?
- How will their safety be?
- What about first time meet anxiety?
- What ethical considerations and theoretical techniques can be applied to build a therapeutic relationship?



Resistance Stage



The big question for the group counselor is ... how will the resistance be dealt with?



Some theoretical interventions and counseling skills can be used to diffuse the resistance and lead the group to desired goals set for the group.



**WORKING
THROUGH
RESISTANCE**



Working Stage

In this stage the group counselor can apply a variety of chosen therapeutic relationships and techniques that can enhance cohesion and teamwork. Bringing out the best of the members abilities and potential so the group can grow them at individual and group level.

Termination Stage

Separation anxiety

Post group
counseling plans

Reflections

Post Group Stage

The group counselor reflects genuinely on the group performance from the beginning to the end.

Its about testing theories, skills and techniques applied during the process.

Its about evaluation and planning of other related group counseling engagements in future.

Theoretical Integration



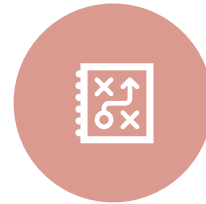
USE OF
THEORIES;



SKILLS



TECHNIQUES



STRATEGIES

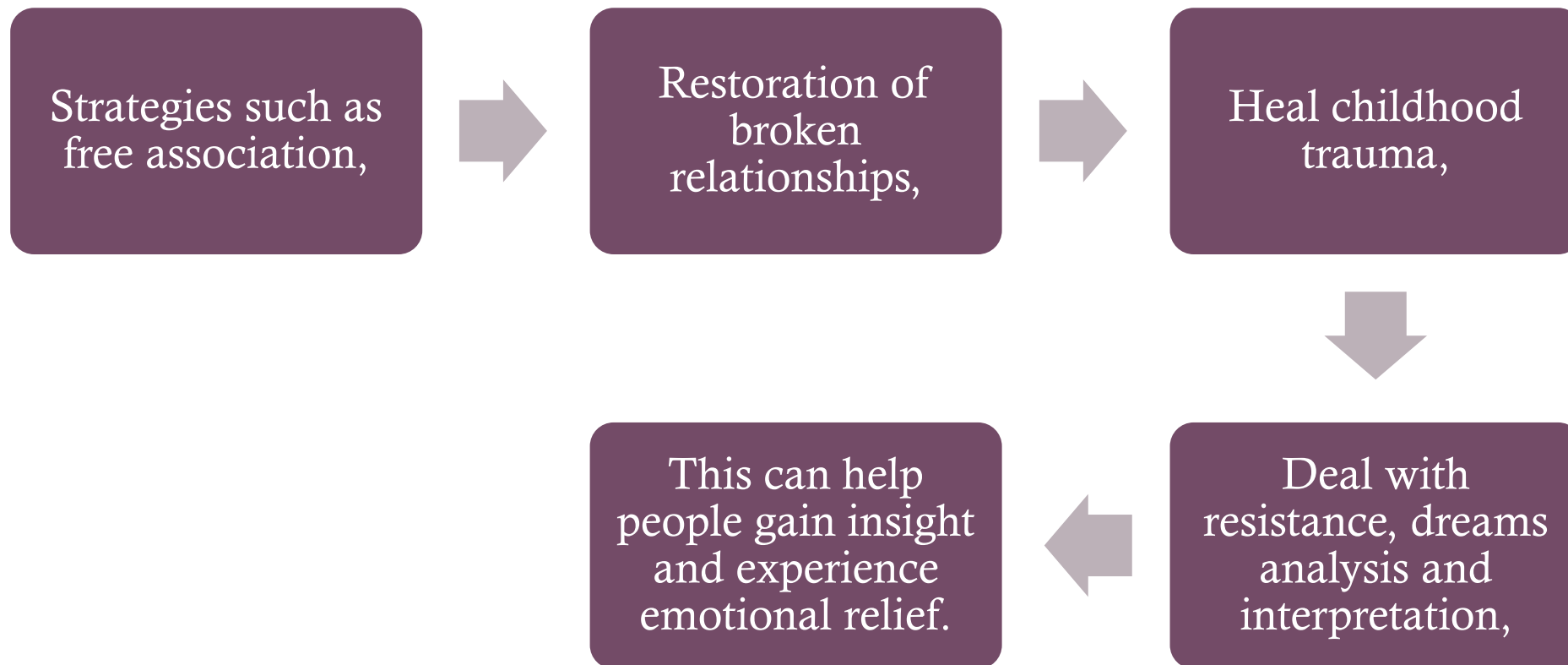


CONCEPTS



THERAPY
GOALS

Psychoanalytic



Behavioral Theory

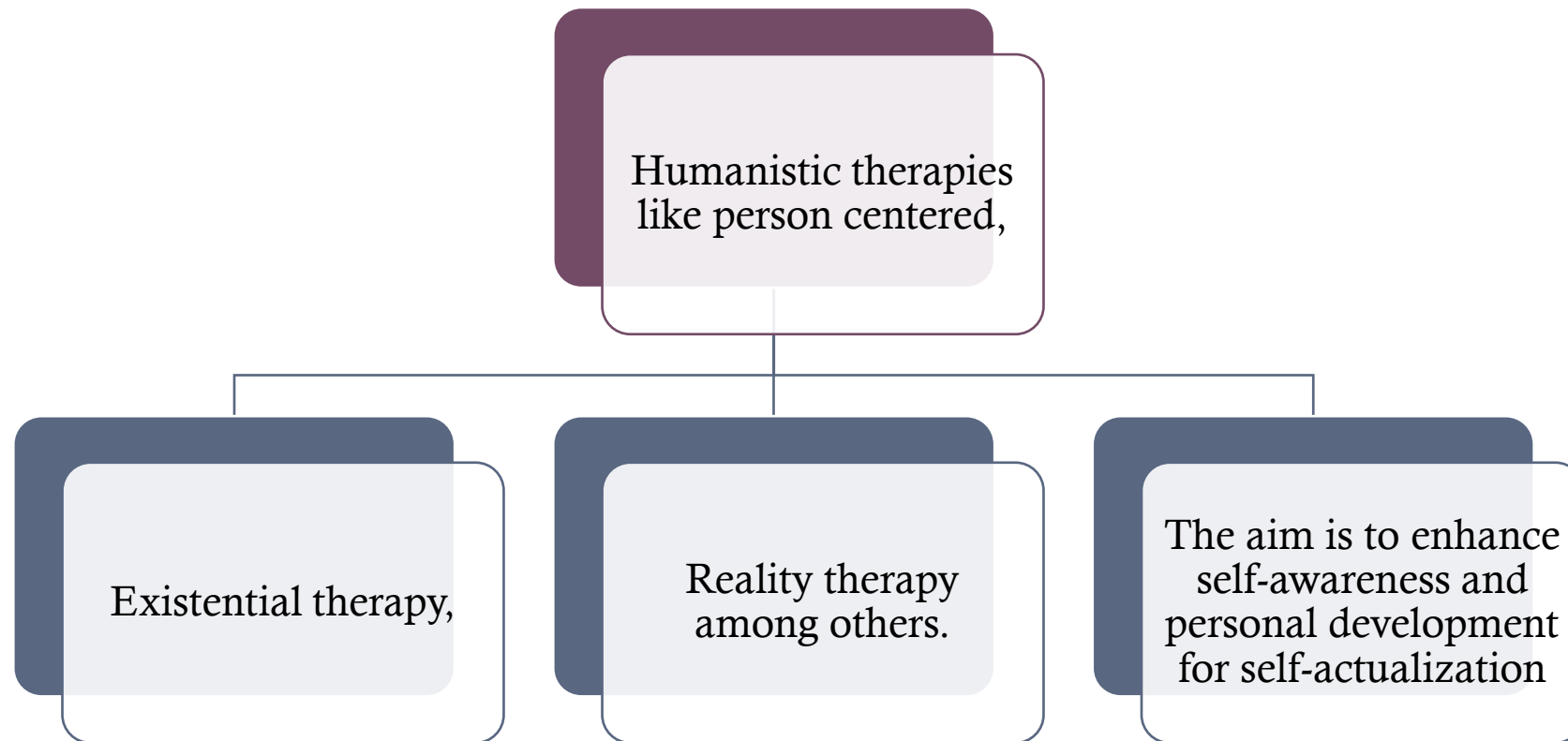
Use behavioral techniques and strategies such as

Modeling,

Aversive therapy,

Reinforcement to change the behavior.

Person Centered





Neuroplasticity

Mindfulness and self-compassion are also quite helpful in anchoring people in the present rather than leaving stuck them in the past



SELF COMPASSION

Guidelines



The alliance between the therapist and the participants



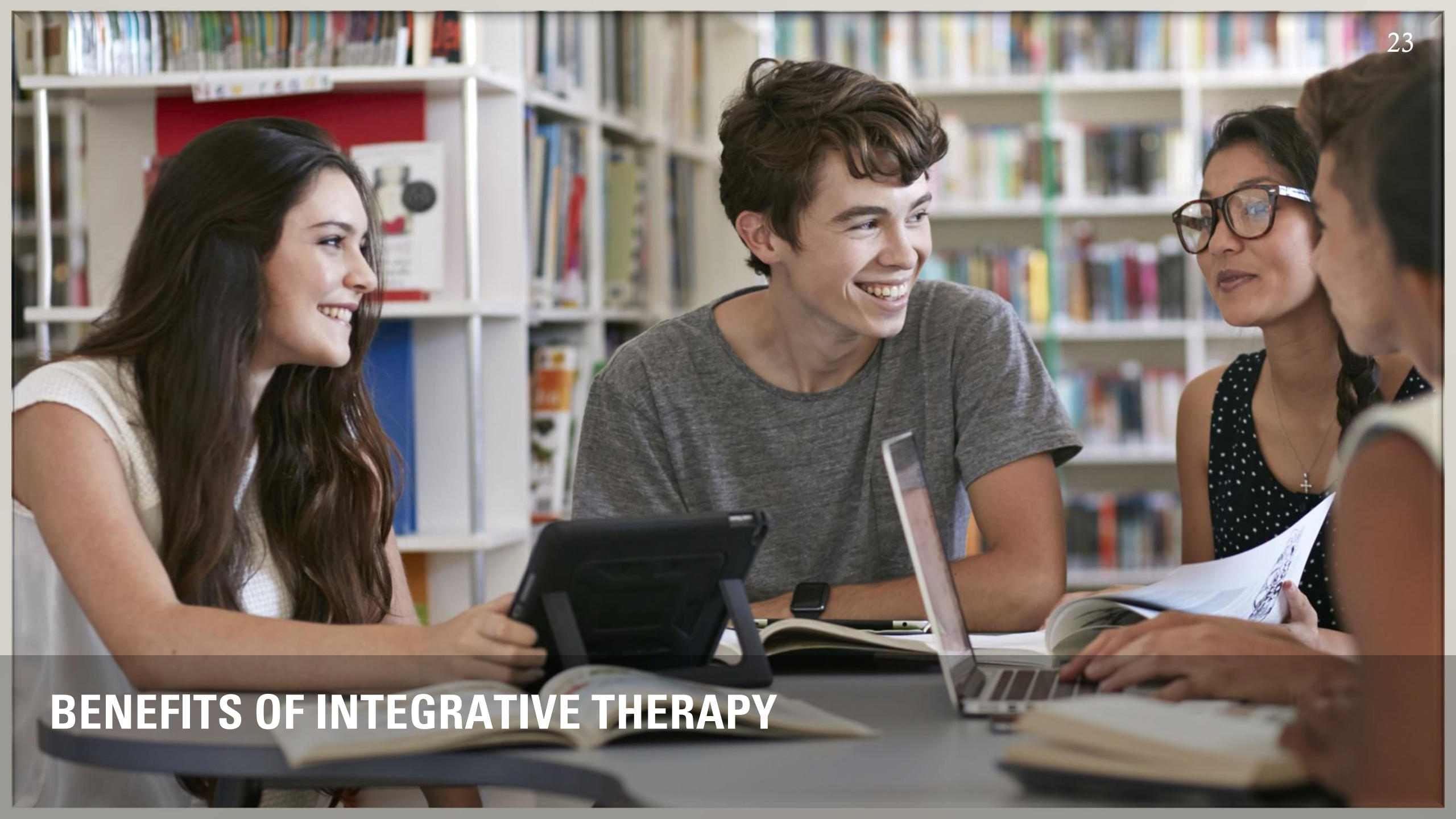
The expectations that people have about being able to change in a positive way.



The ability of the therapist to help inspire hope in the group.



The qualities of a therapist include their ability to give attention, empathy, compassion, and positive regard to their clients with cultural sensitivity.



BENEFITS OF INTEGRATIVE THERAPY

Individualized

1

Because integrative therapy is highly individualized, it can be adapted depending on the individual's situation.

2

It can be used when working with children and teens, and adults.

3

It can also be utilized in both individual sessions and group work

Flexible

Where single forms of therapy are often more rigid, integrative therapy can adapt over time and based on any events, changes, or experiences that might occur throughout treatment.



Adaptable



Another advantage of integrative therapy is that it can be modified depending on the disorder or psychological problem that member is facing.



For example, if a person is dealing with depression, a therapist may draw on several treatment options that are effective in treating the condition.

Holistic



- Integrative therapy can also help group members learn to integrate and understand different aspects of themselves, including the mind, body, relationships, spirituality, thoughts, and emotions.
- Rather than focusing on a problem from a single perspective or in isolation, this type of therapy can encourage a broader, more holistic point of view

CONCLUSION



In this lecture, we have defined the term integrative therapy, explained the key concepts and techniques of integrative therapy, and described the process of applying integrative therapy, discussed the benefits and guiding principles to conducting an effective integrative group counseling session.



In our follow up lecture (11), we shall review ethical considerations in group counseling



References

1. Corey, G. (2012). *Theory and practice of group counseling* (8 ed.). Belmont,CA: Brooks/Cole.
2. Corey, G. (2018). *The art of integrative counseling* (4 ed.). California: Wiley.
3. Yalom , I. D. (2015). *New Directions in Group Therapy*. USA: International Psychotherapy Institute .

THANK YOU

